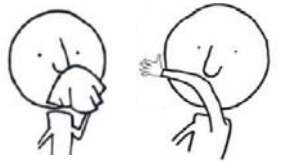


# What To Do If You Cannot Get A Flu Shot

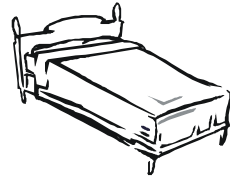
✓ **WASH** your hands often.



✓ **COVER** coughs or sneezes with a tissue or sleeve.



✓ **STAY** home if you are ill.



✓ **POST** a sign on your door asking others to follow these steps.



✓ **ASK** your doctor about the pneumonia shot.



The Maine Department of Health and Human Services  
Bureau of Health  
[www.mainepublichealth.gov](http://www.mainepublichealth.gov)